

A newsletter for family and consumer sciences educators, published three times during the school year by the Missouri Department of Elementary and Secondary Education.

Fall Issue

Volume 23, Issue 1

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http://www.dese.mo.gov/divvoced/facs_staff.htm



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Healthy Lifestyles

Cynthia Arendt, Director, Family and Consumer Sciences

Family and Consumer Sciences (FCS) content continues to be more important than ever in meeting the needs of families. One way the need for FCS content is validated is the fact that obesity and the poor diet of Americans, especially teens and young children continues to make headline news. In recent years, we have witnessed law suits against fast food chains abdicating personal responsibility for dietary selections by holding the chain responsible for obesity. Most individuals make their own food choices and they must learn to choose wisely.

Making poor food and lifestyle choices have lead to a new health epidemic in this country. It is estimated that 15 to 16 million Americans have diabetes. The greatest increase in diabetes is Type II diabetes and it is no longer just a concern for senior citizens. Many of the newly diagnosed cases are in children and young to middle aged

adults. According to the medical community, the primary cause of this health crisis is a sedentary lifestyle and obesity.



As professionals we have the opportunity to make an impact and to create change. Teaching the content identified for Nutrition and Wellness and Family/Individual Health courses should assist students enrolled in them to develop positive habits that will last a life time. The need for teaching nutrition and its role in keeping individuals healthy from birth to death cannot be underestimated. Students need to learn that to maintain strong muscles and a healthy body they will

need to eat a variety of foods, including adequate amounts of protein, participate in aerobic exercise at least 3 times per week, and strength training 2-3 days per week.

Recently, the American Council for Fitness and Nutrition reported that a study on health trends of adolescents found that obesity had increased by ten percent over the past 20 years (1980 to 2000). "While diet continues to be the primary focus as the cause of obesity in children, the fact is that calorie intake has remained fairly constant (+1%), while physical activity has declined. Given the decrease in physical education in schools, changes in transportation methods, and popularity of TV, video games, and Internet surfing that contribute to the increased sedentary lifestyles kids." "It is crucial to find new and creative ways to increase physical activity in adolescents as a first line of

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defense to combating obesity”, Lisa A. Sutherland Lineberger, with the Comprehensive Cancer Center, University of North Carolina.

Personally, I find it difficult to believe that the calorie intake has not increased significantly. That said, even if you increase your calorie intake by 1% over a year, you will gain weight. I do not disagree that adolescents need more physical activity, most likely we all do. But we must balance the amount and kind of calo-

ries consumed with physical activity in order to achieve an optimum weight for good health.

In a recent article, “*SUPER SIZING OF AMERICA: MORE WEIGHT FOR YOUR BUCK*” Erin Bartels, a dietetic student and Candance Gabel, MS, RD, LD, Associate State Nutrition Specialist, University of Missouri – Columbia examined how the “bigger is better” rule is impacting Americans waist line. A look at purchasing habits is very revealing. Hummers, 60-inch big screen TVs,

extended cab trucks, 8 ounce steaks, jumbo cookies and super size fast food. Not only do we like large things, but Americans also find it hard to pass up a good bargain. For a small price increase we can get a larger amount of French fries and an even bigger drink. We may be getting more for our buck, but we are ending up suffering the consequences.”

“What we have not stopped to think about is what comes with those added fries and drink. One quarter pounder (continued on page 6)

2003 Missouri ACTE/MoEFACS Summer In-Service Conference Summary

Debbie Pohl, Supervisor, DESE

The Missouri Educators of Family and Consumer Sciences (MoEFACS) held their annual summer in-service conference in conjunction with the Missouri Association for Career and Technical Education (Missouri ACTE) Summer Conference, July 22-24, 2003 at the Clarion Hotel in Springfield. The theme for this year’s in-service was “Make Your Own Magic with Family and Consumer Sciences”. Throughout the week, conference attendees participated in a variety of sessions on family and consumer sciences and career and technical education topics and issues. Approximately 385 Missouri family and consumer sciences educators were in attendance.



Several workshops were held preceding the conference, to include a two-day workshop for new family

and consumer sciences teachers and those returning to the field of teaching. Pam Hanabury, St. Joseph, coordinated this information-packed in-service that included presentations from a number of veteran family and consumer sciences teachers and others from across the state.



A two-day pre-conference course entitled “Curriculum Development in Family and Consumer Sciences” was offered for graduate credit through Central Missouri State University. Irene Storrer, family and consumer sciences education consultant from Kansas, Karen Mason and Ronna Ford, family and consumer sciences instructors from Granby and Lebanon respectively, and DESE family and consumer sciences staff conducted this ses-

sion. Participants had the opportunity to explore information and participate in activities to assist them in developing a quality curriculum for the family and consumer sciences program.



On Monday, Susan Faseler and Sandy Brown from the Hurley School District provided a one-day workshop and in-service on the recently released Missouri curriculum resource guide for Career Development/Entrepreneurship Education.

Susan and Sandy are the authors of the resource guide.

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The conference officially opened on Tuesday morning featuring the Missouri ACTE opening general session and the MoEFACS division meetings. That afternoon, the MoEFACS Annual Business Meeting was held, along with the MoEFACS Reception sponsored by Glencoe/McGraw-Hill Publishing Co., the Missouri Beef Industry Council, Sullivan University and Goodheart-Willcox Publishing.

On Wednesday, a number of concurrent sessions and "best practices" presentations were held. Session topics included: personal finance education; diversity issues for teachers; stress management; implementing



and internships; promoting FCCLA at the middle/junior high level; matching instruction and assessment; and information on the 3rd cycle of MSIP, to name just a few. Several resource rooms were provided for teachers to learn more about resources/programs available for the classroom. Participants included the Career and Technical Education Resource Center (CATER) from CMSU and representatives from the University of Missouri-Columbia Outreach and Extension. The MoEFACS Awards and Recognition Luncheon was the

highlight of the day, honoring MoEFACS members with numerous awards and teacher retirees for the year.

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The last day of the conference included the ever-popular carousel presentations by the 2002-03 family and consumer sciences competitive grant recipients and others, and a humorous, entertaining and thought provoking keynote provided by Janie Walters from Madison, Mississippi.



Mark your calendars for the 2004 conference, July 27-29, 2004, in Springfield!

2003 MoEFACS Summer Conference Awards and Recognition

Mary Avery, 2003 MoEFACS Awards and Recognition Committee Chair

MoEFACS recognized outstanding Family and Consumer Sciences educators and programs, as well as business partnerships, during the 2003 Missouri ACTE/MoEFACS Summer Inservice Conference. Recognition and awards were presented during the annual MoEFACS Awards and Recognition Luncheon on Wednesday, July 23 at the Clarion Hotel in Springfield.

The recipient of the 2003 MoEFACS Teacher of the Year Award is Betty

White from the Hallsville R-4 School District. As a family and consumer sciences teacher of thirty-two years, Betty is a positive role model for all students, providing them with the information to be successful parents, community leaders, and professionals. She not only encourages leadership and high work ethic from her students, but exemplifies it herself through her own professional involvement. Betty received many high accolades and is an outstanding representative and spokesperson for family and consumer sciences educa-

tion.

Lisa Musgrave, Holcomb High



School, is the recipient of the 2003 MoEFACS New Professional Award. Although Lisa has only been teaching four years, she has gone well above and beyond the call of duty, providing a quality program for her
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students. Lisa received outstanding letters of recommendation from her administrators, peers, parents, and students.



The MoEFACS PRIDE Award is presented annually to individuals and/or programs that have done an outstanding job of publicizing family and consumer sciences programs. This year's recipient is Linda Turner and the Rockbridge FCCLA Chapter. The Rockbridge FCCLA Chapter, under the supervision of Mrs. Turner, designed hospice gowns for the patients at the Community Hospices of America, to be used in 10 counties across central Missouri. The students received local, state, and national media attention for this project.

The 2003 MoEFACS Recognition Award was presented to Glencoe/McGraw Hill Publishing Company. Mary Avery of Normandy High School in St. Louis nominated Glencoe/McGraw Hill for their outstanding support of MoEFACS summer conferences over the past 5+ years. As she presented the award, Awards and Recognition chair Mary Avery stated: "Glencoe/McGraw Hill Publishing Company has made very significant contributions to the improvement, promotion, development and progress of Family and Consumer Sciences education both locally and statewide." Goodheart/Willcox Publishing, Sullivan University, the Missouri Beef Industry, the Dairy Farmers of America, and the Clarion Hotel also received certificates of recognition for their support of MoEFACS.

In addition to the various awards presented, 15 retiring teachers were recognized for their years of service to Family and Consumer Sciences Education, each receiving a beautiful picture frame plaque as a farewell gift:

Donna Anderson - Scott Co. R-IV High School, 25 years; Elaine Duncan - Linn Co. R-1 High School, 19 years; Kristine Elsbury - Northeast R-IV High School, 31 years; Janice Garges - Willard High School - 28 years; Pat Harmes - Excelsior Springs High School, 32 years; Judy Meikle - Truman High School, 28 years; Elaine Pate - Rock Bridge High School-Columbia, 38 years; Billie Perrin - Lafayette Co. C-I High School, 30 years; Carol Phares - Polo High School, 31 years; Donna Ray - Smithville Middle School, 43 years; Carol Renfro - Kearney High School, 35 years; Linda Rice - Bolivar High School, 32 years; Jane Snodgrass - Lathrop High School, 13 years; Merilee Thoenen - Osage Co. R-II High School, 27 years; Sharon Thomas - Lexington High School, 30 years.



MoEFACS Officers/Board of Directors for 2004

The following officers and members of the MoEFACS Board of Directors will serve the organization for the 2003-04 school year:

Ronna Ford, Lebanon-President
Suzie Dudenhoeffer, St. Louis-Secretary
Linda Turner, Columbia-Past President

Jayla Smith, Jamesport-President Elect
Dorie Sebold, Florissant-Treasurer

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Marcia Northrup, Lee's Summit
Theresa Owsley, Warsaw
Aletha Penn, Center School District, Kansas City
Melissa Pipkin, Bonne Terre
Beverly Plymell, Keytesville
Marcie Rickefs, Raytown
Sharon Robbins, Fredericktown
Denise Schindler, St. Charles
Ginny Stone, North Kansas City



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with cheese super-sized with a regular soda pop averages out to be 1,550 calories and 59 grams of fat. This total is what most women need for a whole day, not a meal.” Just eating a super sized quarter pounder meal four times a week could add one pound to your body weight.” Instead of ordering the super size save 1,060 calories and 39 grams of fat by ordering a hamburger, small fries and a diet soda pop (total 490 calories and 20 grams of fat). Or save even more calories and fat grams by packing our own lunch that incorporates more nutritious vegetables and meat.”

To further illustrate their point, Bartels and Gabel made between serving sizes in the 1950's versus today.

1950	vs.	2003
~ 6.5 (oz) soda	vs.	64 (oz) soda
~ 1.5 cups spaghetti	vs.	3 cups spaghetti
~ 3 (oz) muffin	vs.	6.5 (oz) muffin
~ 1.5 (oz) hamburger	vs.	8 (oz) hamburger
~ 1 (oz) chocolate bars	vs.	2.6 (oz) chocolate bar
~ 5 inch quesadilla	vs.	10 inch quesadilla
~ 1.5 (oz) bagel	vs.	4-4.5 (oz) bagel

Check out this fun website I located to illustrate for teens what Bartels and Gabel are talking about when it comes to super sizing.

<http://www.overweight-teen-solutions.com/butt-exercises.html>

For more information see:

<http://missourifamilies.org/features/nutritionarticles/index.htm>

<http://missourifamilies.org/features/nutritionarticles/nut7.htm>



More Food for Thought

Cynthia Arendt, Director, Family and Consumer Sciences

It seems my decision to write about nutrition and obesity was a timely one. After completing the article, “Healthy Lifestyle Is A Choice”, the New York Times published an editorial “Food for Thought (and for Credit)” by Jennifer Grossman, director of the Dole Nutrition Institute and former presidential speechwriter for George H.W. Bush. Thank you goes to Sue Faseler, the FCS teacher at Hurley, for sharing the article on the MO-FACS List serve (see 9-2-03 archives for full text). Following are a few quotes to “wet your appetite” for reading the article in its entirety.

“Want to combat the epidemic of obesity? Bring back home economics. Before you choke on your 300-calorie, trans-fat-laden Krispy Kreme, consider that: teaching basic nutrition and food preparation is a far less radical remedy than gastric bypass surgery or fast-food lawsuits, and probably far more effective. The

fact that obese children commonly grow up to be obese adults, argues for a preventative approach. As the new school year begins, we need to equip kids with the skills and practical knowledge to take control of their dietary destinies”.

“Despite its bad rep as Wife Ed 101, home economics has progressive roots. At the turn of the century it “helped transform domesticity into a vehicle to expand women's political power,” according to Sarah Stage in “Rethinking Home Economics: Women and the History of a Profession.” In time, focus shifted from social reform to the practical priorities of sanitation and electrification, and then again to an emphasis on home-making after World War II... Since then, “home economics has moved from the mainstream to the margins of American high school,” according to the United States Department of Education, with even female partici-

pation - near universal in the 1950's - plummeting by 67 percent.”

“But the hunger for home economics didn't die with its academic exile. Martha Stewart made millions filling the void, vexing home-ec haters like Erica Jong for having “earned her freedom by glorifying the slavery of home.” Home and Garden TV, the Food Network and countless publications thrive on topics once taught by home ec.”

“The new home economics should be both pragmatic and egalitarian. Traditional topics - food and nutrition, family studies, home management - should be retooled for the 21st century. Children should be able to decipher headlines about the dangers of dioxin or the benefits of antioxidants. Subjects like home finance might include domestic

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problem-solving: how would you spend \$100 to feed a family of four, including a diabetic, a nursing mother and infant, for one week?"

"Others will argue that schools should focus on the basics. But what could be more basic than life, food, home and hearth? A generation has grown up since we swept home ec into the dust heap of history and hung up our brooms. It's time to reevaluate

the domestic discipline, and recapture lost skills."

<http://www.nytimes.com/ads/nytcirc/index.html>

Remember, you can make a difference that will last a lifetime.

Letter From AAFCS Responding to the Article in New York Times

To: David Shipley, Opinion Editor

The New York Times

Re: "Food for Thought (and for Credit)," by Jennifer Grossman (Op-Ed, Sept 2)

On behalf of the thousands of family and consumer sciences teachers who are at this moment teaching in classrooms across the world what used to be called "home ec," the rumors of our demise are greatly exaggerated!

Jennifer Grossman's Op Ed article "Food For Thought (and for Credit) *Home economics is ready to return to the classroom*" (September 2, 2003), is right on point, however, we are already there! We are thrilled to see Ms. Grossman promoting the value of what we teach, and at the same time, we are disappointed she did not do sufficient research and does not know that this is a vibrant and engaging curriculum that is offered in both the middle and high schools across the country.

The critical "life skills" curriculum Ms. Grossman so passionately pleads for is in the classroom and has been there for many years. Family and consumer sciences is very much alive and well and flourishing in many regions of the U.S. and around the world. Utilizing computers and hands-on practical activities, we teach all of the subjects she named: "domestic problem-solving" and "teaching kids to think, mix, make, fix and generally fend for themselves." We teach kids how to rent an apartment or buy a car; how to manage their allowances/budget and the pitfalls of credit card spending; the responsibilities of parenting and child development; resolving conflict and making wise lifestyle decisions, job-hunting techniques; and the basics of proper diet and how to analyze the caloric and nutritional content on food packaging (combating childhood obesity, as Ms. Grossman suggests).

The real issue, which Ms. Grossman's article did not reveal, is that federal funding institutions have not recognized the integrative nature of family and consumer sciences in fulfilling the "No Child Left Behind" national standards, thus placing our curriculum at risk. Under the punitive measures of this perhaps well-meaning initiative, the emerging reality is that many schools are being forced to operate at the mercy of a newly-mandated but old-fashioned "silo approach" to teaching, as opposed to more progressive integrative approaches. Funds and accreditation status are allocated to schools chiefly on the basis of their students' test scores in the core curriculum "three R's," so teachers must teach to these tests. Today's family and consumer sciences class not only incorporates the three R's, but provides the additional benefit of practical application of the concepts learned in math, science, communication, and social studies.

The curricula for elementary, middle and secondary schools must include family and consumer science programs in order to prepare adults of the future to function effectively in today's world...the alternative is too bleak to imagine.

Critical life skills are essential for every student. The 10,000 members of the American Association of Family & Consumer Sciences (AAFCS), previously the American Home Economics Association, strongly supports and urges school systems around the country to provide these classes to all students. We agree that the health and well-being of our students depends on the practical knowledge that will help them become successful adults. This is what is taught in today's family and consumer sciences classes!

Sincerely,

Karen S. Tucker, CAE
Executive Director, American Association of Family & Consumer Sciences
1555 King Street
Alexandria, VA 22314
Tel (703)706-4600
Email: ktucker@aafcs.org

Missouri Implements ProStart Program

Cynthia Arendt, Director, Family and Consumer Sciences

We are delighted to announce that this fall Missouri began implementing the ProStart school-to-career program in 12 school districts. ProStart is a national program developed by the National Restaurant Association Educational Foundation. This unique program gives students the work experience and classroom learning they need to succeed in restaurant and food service careers.

The Family and Consumer Sciences Section, Department of Elementary and Secondary Education in partnership with the University of Missouri Hotel & Restaurant Management program sponsored a four day training session in June for school districts considering implementing ProStart.

ProStart is a partnership among schools, local businesses, and students. It is geared at providing work experiences with specially trained

worksite mentors combined with practical curriculum that imparts real-world skills and foodservice concepts. The two-year program introduces students to concepts such as customer relations, accounting, food cost controls, and marketing. Students are also given the opportunity to explore the wide variety of careers found in the restaurant and foodservice industry through their internships.

Students are required to complete the work requirements and to take an exam at the end of each year in order to receive program certification. Nationally, in 2003 6,322 students took the exam and 631 of those received certification.

To encourage students to continue their educational preparation at the post-secondary level, the Educational Foundation awards college scholar-

ships in the amount of \$2000 to high school seniors. These are awarded on a competitive basis. Other scholarships are offered for continuing education by Johnson & Wales and the American Culinary Institute.

The restaurant and foodservice industry is the fastest growing industry in the country. There are many opportunities for students in the industry. Currently nine million workers strong. The industry expects to employ 10.8 million workers by 2005. Many of these jobs will be high-paying management positions. In Missouri alone there are 10,000 restaurants employing over 185,000 individuals. Retail sales in these eating and drinking establishments account for 14.7% of the State's 438 billion plus in retail sales. A well-prepared workforce is needed to maintain the strength of this industry.

First Beef Cook-Off for ProStart Students

The Missouri Beef Industry Council and Missouri Restaurant Association are sponsoring the first beef cook off for students enrolled in Pro Start programs. The cook off will be Saturday, April 17th. The competition is to be held at the Lake of the Ozarks, you will need to check our website to see the location.

Tentative plans are that schools may compete in two different categories- Beef Dish (appetizer, entrée or salad) and a "Meaty Mystery". Teams will

not find out their ingredients until the night before the competition. The winning team from each category will win a prize. Some of the possibilities include one of the following, a \$200 gift certificate to Chef Wear Catalog for each team member and their coach(es) or the school could win a \$500 gift certificate to Ford Restaurant Supply.



Hospitality Students Invited to Missouri Restaurant Association Restaurateurs Day on October 8, 2003

The Missouri Restaurant Association presents Restaurateurs Day, October 8, 2003. This is being done in connection with the University of Missouri Hotel & Restaurant Management program's recruitment and industry event. In the morning students in food management, culinary arts and hospitality students will be able to hear a panel of industry people sharing insights into the different segments of this exciting career path and to visit exhibitors booths to explore future career options.

Regynald G. Washington, FMP, CFBE, currently the Vice President

and General Manager for Disney Regional Entertainment will be the luncheon keynote speaker. As a VP for Disney he has the responsibility for the strategy, direction, and growth of Disney's ESPN Zone. He is also an elected officer and Board Members of the National Restaurant Association and is currently serving as the chairman of the board. Prior to his current position, Mr. Washington was the General Manager, Food & Beverage for Epcot, overseeing the operations of 12 internationally themed table service restaurants, 10 quick service restaurants, 21 outdoor food locations, and a multi-million dollar special events and catering organiza-

tion. He has also worked for Concessions International, Inc., Motorola, the Magic Pan, and the Indies Inn Resort and Yacht Club in the Florida Keys.

The registration fee has been waived for high school students. They will be able to attend the event for the cost of the \$10.00 luncheon. Registration and additional information is available at www.fse.missouri.edu/HRM or call 573-882-4114 or e-mail HRMDept@missouri.edu.

Mentoring Program

For the past few years, some of the vocational program sections have been implementing mentoring programs for new, second year, and returning teachers. These mentoring programs have proved successful in keeping new teachers in the classroom.

Because of this success, it was decided to develop a Mentoring Program that would be provided to all

vocational education teachers who are new or returning to the classroom. Susie Cox has worked with the Vocational Division to develop this program.

The new mentoring program kickoff with its first session on September 8 when mentors and their protégés met to begin their work.



The First Protégé
and Mentor
Group



Career Clusters

The annual Building Bridges Conference being held November 16-18 at Tan-Tar-A will focus heavily on Career Clusters. The Career Cluster initiative was started approximately five years ago by the U.S. Department of Education (USDE) and is being continued by the National Association of State Directors of Career and Technical Education consortium. While there are 16 career clusters at the national level, Missouri currently uses six.

Career Clusters represent a nationwide effort to help schools ensure that students get the knowledge and skills they need for multiple career choices by matching what is taught in the classroom to business and industry standards. Career Clusters:

- Provide a big picture to students in terms of career options and understanding a broad industry;
- Enhance academic achievement of all students;
- Provide a common theme for communication from state to state;
- Integrate into current CTE programs;
- Prepare students for entry in college/university; and
- Provide a well-prepared, qualified workforce for employers.

At the national level, a career cluster model has been developed for each of the 16 clusters along with a framework, and cluster/pathway that includes needed knowledge and skills. These were developed collectively with input from both educators and business/industry. In Missouri, we have developed a “white paper” which will lay the groundwork for what we need to do in order to get Career Clusters integrated into the overall educational system in the state. To learn more about the Career Cluster concept, you may want to attend the Building Bridges Conference in November or check out the website at <http://www.careerclusters.org>.

Character Education

Cynthia Arendt, Director, Family and Consumer Sciences

In the Spring 2003 News letter I wrote an article about ethics and the need for teaching ethics and character education in our Family and Consumer Sciences classes. I know that some of you have implemented programs in your district and others want to implement a program. I thought I might share with you the following 11 principles for the creation and evaluation of character-education programs that the Character Education Partnership subscribes to:

- Character education promotes core ethical values as the basis of good character.
- Character must be comprehensively defined to include cognitive, emotional, and behavioral development.
- Effective character education requires an intentional, proactive and comprehensive approach which promotes the core values in all phases of the school.
- The school must be a caring community.
- Students must have opportunities to improve their character development through moral action.
- Effective character education includes meaningful and challenging academic curriculum that respects all learners and helps them succeed.
- Character education should strive to develop a student's inner motivation to achieve a quality moral judgment.

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- The school staff must become a learning and moral community willing to share responsibility for the character education of themselves and their students.
- Character education requires moral leadership from both staff and students.
- The school must recruit parents and community members as full partners in the character building effort.
- The evaluation of character education should assess the character of the school, the staff's functioning as character educators, and the students' manifestation of good character.

It does not require an official character education program to be incorporated many of these principles in your classroom on a daily basis. Students may be given the opportunity to improve their character development through moral action. The school staff can take action to become a learning and moral community willing to share responsibility for the character education of themselves and their students while providing the moral leadership needed.

Survey Shows Missouri Family and Consumer Sciences Programs Strongly Involved in Service Learning

Christine Hollingsworth, State FCCLA Advisor

Consider these selected facts presently taken from the DESE Community Education/Learn & Serve America 2003 Survey on Service:

- 85% reported that students in their district were involved in community service projects through their school.
- ***Slightly more than half (54%) of respondents reported that Service Learning was part of family and consumer sciences curriculum.***
- Slightly less than half (46%) said it was part of vocational education curriculum.
- Types of community service that students provided was broadly distributed over these categories: environmental (85%), education (74%), senior citizens (73%), human needs (73%), and public safety (65%)

What is service learning? The DESE Community Education website defines it as:

“School-based service-learning combines meaningful service to the community with classroom studies in a way that improves student learning and strengthens the community. Students work in collaboration with community members, teachers, and classmates to meet real community needs, while applying core concepts from the regular classroom curriculum. Students develop responsibility and citizenship while increasing academic achievement.”

Family and Consumer Sciences implements service learning as a natural part of the family and consumer sciences curriculum. Service learning is a part of many classrooms and FCCLA chapters across the state. Programs promote direct service (child development classes teaching Head Start mini-lessons); indirect service (students in nutrition and wellness hold a food-pyramid food collection and donate it to the food bank); and advocacy (students in Career and Family Leadership write a letter to the editor in support of continued funding for a youth center). The examples and possibilities are varied, as is the family and consumer sciences curriculum.

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When is an activity community service versus service learning? Service learning is directly related to the curriculum being presented in the classroom, so it is a likely extension of the lessons and activities already occurring. Designated service learning projects and activities can not only help students apply content knowledge to real life situations, but can provide excellent public relations and program building opportunities for the family and consumer sciences department, and nearly seamless transitions to successful FCCLA programs such as Student Body, Financial Fitness, and STAR Events. Community service is not necessarily related to the lessons in the classroom, but yet might be an issue related to the community as a whole. Both community service and service learning are important to Missouri schools and communities.

For more information on service learning, visit the Community Education website at: http://dese.state.mo.us/divvoted/community_ed_index.htm. For information on FCCLA community service initiatives, visit www.fcclainc.org. Links are provided for related organizations as well.

Fall Regional In-services Schedule for November

Five fall regional in-services have been scheduled for the month of November. The focus will be on seeking grants and building community support for Family and Consumer Sciences programs. The presenters will share how to search for grants, positioning a grant application for funding, as well as building a base of support within the community to provide ongoing support and assistance for programs in times of scarce resources. The presenters are professionals in their field with lots of experience and success in these areas.

Put these dates and locations on your calendar NOW. November 5, St. Louis Community College; November 12, Kansas City; November 13th, Sikeston and Columbia, Missouri; and November (tba), Springfield, Missouri. The registration form, the exact location of the in-service, and a map to the location will be placed on the website by October 1, 2003.

Registration and a light lunch will be available at 12:00 p.m. The in-service will begin promptly at 1:00 p.m. and

end by 4:00 p.m. A registration fee will be charged to help cover the cost of the lunch and break.

**Plan to attend
now.**

An Opportunity for FCS Teachers in the St. Louis Area

Teachers in the St. Louis area who are interested in modular career and technology programs and other Family and Consumer Sciences curriculum resources are invited to attend an open house sponsored by Depco Inc. The open house will be held at the Tuesday, October 7, 2003 from 8:00 a.m. - 5:00 p.m. and on Wednesday, October 8, 8:00 a.m. -

4:00 p.m. at the Holiday Inn at Forest Park, 5915 Wilson Ave., St. Louis, Missouri.

Attend this free event at your convenience. Refreshments will be served. Please RSVP online by clicking [here](#), or call Depco at 1-800-767-1062.



Mo-Facs List Service

Kimberly Wolfe, Discussion List Coordinator

Just a little note about the Mo-Facs List Serve for those who are new to teaching this year or those of you who have a new email address this year. The purpose of MO-FACS (Missouri Family and Consumer Sciences Educators) is to provide an electronic forum for family and consumer sciences educators to facilitate the communication and exchange of ideas directly related to instruction and program development to improve and expand upon education and related services for students in Missouri

The list is open and not moderated. **Topics should stay pertinent to the list's mission.** Contributors are asked to participate when their information and questions are relevant to family and consumer sciences education topics. Active, courteous debate which may enhance the discussion list for users is encouraged.

To subscribe to MO-FACS send a message to:

TO: majordomo@mail.connect.more.net
SUBJECT: (Leave the subject line blank.)
MESSAGE: (message to send) Subscribe MO-FACS
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*****Tips for Users of this Discussion List*****

*-Please be careful when using the **REPLY** function to reply to MO-FACS mail. Replies come in two forms; to the list and private. To send your reply to the list you will use MO-FACS@SERVICES.DESE.STATE.MO.US. To send your reply to a private address, you will use the person's userid@domain address. Be sure where your replies are going. This will save on possible embarrassment for you and will keep the list from getting irrelevant messages.

*-Signatures: To make it easier for others on the list to identify your messages, please put a signature at the end of your email message. The signature should include (at a minimum): Your name and email address. This is necessary because some email software packages do not include address headers at the top of their messages.

If you have any questions regarding the list serve, please contact Kim Wolfe at (573) 751-2644 or e-mail

Kim.Wolfe@dese.mo.gov

Happy Trails to Janey Miller

May 31, 2003 was the last day at the Department for Janey Miller, a supervisor in the Family and Consumer Sciences Section. Janey joined the Family and Consumer Sciences staff as a supervisor on November 1, 1996. Before joining the team at the Department, Janey taught FCS in the St. Louis area and later worked as a prevention and community development coordinator in the Community 2000 program. Some of her responsibilities at the Department included the revision of the teacher certification rule that will be implemented September 2004, the certification of the career focused teachers, planning and coordinating professional develop-



ment activities for early childcare and education teachers, and managing the Child Development Associate grant program.

It is well known that Janey is the NUMBER ONE Roy Rogers and Dale Evans fan. Her license plate CZY-4RR is only one testimony to her passion for Roy Rogers. So as one might guess, upon leaving the department she saddled up and headed to Branson to help open the new Roy Rogers museum.

We miss you. Happy Trails!



September is Insurance Education for Teens Month

Governor Bob Holden issued a Proclamation on August 29th announcing September 2003 as "Insurance Education For Teens Month".

MDI realizes that one of the best ways to teach teens about insurance is in the classroom. They are seeking commitments by educators to use the MDI Auto Insurance Lesson plan in the classroom. John Korte of MDI would be happy to discuss this program with any educator who wishes to use it in their class. He may be reached by calling 573-751-1949 or by e-mailing JKorte@sdnotes.state.mo.us.

If you are teaching family/consumer resource management or consumer education, please see if you can utilize this lesson plan in one of your classes. Your feedback is important!

For resources related to assist with instruction, see the Educator Resources page located on the Missouri Department of Insurance website at <http://insurance.mo.gov/consumer/teens/educators/htm>.

As you review the Educator Resource web page, you should see there is a Auto Insurance Lesson Plan as well as added links to other programs including Family and Consumer Sciences. Please explore both the MDI Teen page <http://insurance.mo.gov/consumer/teens.htm> and Educator Resources pages. Remember, "teaching teens & young adults the importance of insurance coverage will further prepare them for life's journey."

Please send all comments regarding this initiative directly to John Korte at the Missouri Department of Insurance. Thanks!

2004 State Leadership Conference Preview

Christine Hollingsworth, Supervisor, FCCLA



The 2004 State FCCLA Leadership Conference will be held March 28-30, 2004 at the Holiday Inn Select Executive Center in Columbia. The State Executive Council has chosen the theme "Come Aboard the FCCLA LeaderSHIP" and spent their time during their summer executive council meeting making many exciting plans for conference delegates.

Activities for conference attendees will begin on Sunday, March 28, with

STAR Events registration, consultants orientation, and the Opening General Session beginning at 8:00 p.m. that evening. On Monday, March 29, attendees will participate in STAR Events, the Educational Fair and Exhibits, workshops, Meet the Candidates, and General Sessions. On Tuesday, March 30, regional executive councils will have the opportunity to meet, chapter leadership workshops will be held, and general sessions will take place, with the

Closing General Session ending by noon. Plans include motivating keynote speakers, informative and interactive workshops, and a community service project and the "Carnival for the Cure" benefiting the American Cancer Society. It will be an exciting event for all FCCLA members!

Conference materials will be posted on the Missouri FCCLA web site and mailed to chapters in early January.

"FCCLA Wants You: Accept the Challenge" - 2003 National Leadership Meeting Update

The 2003 National Leadership Meeting was held in Philadelphia, Pennsylvania. Approximately 180 Missouri members, advisors and guests joined over 5000 FCCLA conference attendees during the week-long conference.

Missouri FCCLA was honored for

several accomplishments during the meeting. Troy Buchanan High School was recognized as once again having the largest FCCLA chapter in the nation (354 members). Chapter advisors are Cathy Woolfolk, Nancy Lenk, and Tammy Ainsworth.

Congratulations!

64 students represented Missouri in National STAR Events. A complete list of STAR Events awards is posted on the Missouri FCCLA web site.

The next National Leadership Meeting will be held in Chicago, Illinois, July 11-15, 2004. We hope to see many of you there!

"Access FCCLA" Conferences

1 location...2 days...3 conferences! New this year is the "Access FCCLA" conference, held October 26-27, 2003, at the Tan-Tar-A Resort in Osage Beach. Students and advisors will choose one of the three conferences to attend. The three conference options are 1) The national A+ Conference; 2) Missouri FCCLA Leadership Unlimited; and 3) STOP the Violence chapter team training. Access FCCLA forms are available on the state website.

FCCLA: Making the Leader—2003 National Cluster Meetings

Four national Cluster Meetings will be held in November 2003. The dates and locations are as follows:

November 14 – 16 – Cincinnati, Ohio and Jacksonville, Florida

November 21 - 23 – Dallas, Texas and Spokane, Washington

Registration materials were mailed to all affiliated chapters in August. The materials are also available on the national FCCLA website – www.fcclainc.org.

LifeSmarts Competition Now Available to Missouri Students

LifeSmarts, the ultimate consumer challenge, is an educational program that develops the consumer and marketplace skills of teenagers in a fun and rewarding way. The program complements any curriculum in high schools and can be used as an activity for classes, groups, clubs, and community organizations. LifeSmarts is operated by the National Consumers League, and in Missouri is coordinated by the Family, Career and Community Leaders of America (FCCLA).

The competition is open to any interested group of students. Career and

technical student organizations are encouraged to participate. Teams of teens compete online, with the top state teams competing in state finals February 18, 2004, in Jefferson City. State champions advance to the national LifeSmarts competition held April 24-27, 2004, in Chicago, Illinois.

LifeSmarts is a flexible classroom or group activity that teaches teens to be smart and responsible consumers and citizens. The content and competition questions focus on five key areas of consumer knowledge:

- Personal Finance
- Health and Safety
- The Environment
- Technology
- Consumer Rights and Responsibilities

Additional information and a coach's guide are available by contacting the LifeSmarts State Coordinator, Christine Hollingsworth at 573-751-7964 or e-mailing cholling@mail.dese.state.mo.us, and by visiting www.lifesmarts.org.



Changes, Updates, and Notices

Competency Profiles

The competency profiles for all of our vocational education programs are now available on the DESE Website. There is a link to the profiles on the left side of Division webpage entitled: *Competency Profiles*. This should provide you and your teachers much easier access to the profiles.

Advisory Committee Brochure

We have updated the Advisory Committee brochure that was originally done by the State Council on Vocational Education. These brochures can be used with your new and/or returning advisory committee members. The brochure discusses the importance of advisory committees and the role of advisory committee members. These brochures are available on the website so you can print one off and reprinted as you see fit.

CATER On the Move

Effective July 1, 2003 the Career and Technical Education Resources (CATER) center is no longer located on the University of Missouri-Columbia campus. It is now located on the Central Missouri State University campus in Warrensburg where it is a part of the Center for Career Education. The Center maintains the 1-800-392-7217 number but has a new website <http://cater.missouri.edu>. The address is Career and Technical Education Resources, 306 T.R. Gaines, Central Missouri State University, Warrensburg, Missouri 64093.

DESE Has New Web Address

Effective July 1, 2003 DESE received a new web address: <http://dese.mo.gov>. The old address will remain active until December 31, 2004; however, we recommend going ahead and making the change now.

Family and Consumer Sciences Calendar of Events for 2003-2004

September

- 26 “Access FCCLA” registration due to state office (choose from the A+ Conference, Leadership Unlimited, or STOP the Violence Training)
 “Access FCCLA” Housing Forms to Tan-Tar-A, Osage Beach

October

- 25 Make a Difference Day
 26-27 Curriculum Class Follow-Up
 27 MoEFACS Fall Board Meeting, Lake Ozark
 27 “Access FCCLA” Conferences, Osage Beach

November

- 1 1st affiliation deadline; forms to state office for full FCCLA services
 5 “Successful Grants” Fall Regional Workshop, St. Louis
 12 “Successful Grants” Fall Regional Workshop, Kansas City
 13 “Successful Grants” Fall Regional Workshop, Sikeston and Columbia
 16-18 Building Bridges Conference, Lake Ozark

December

- 11-14 ACTE, Orlando, Florida
 20 2nd affiliation deadline for eligibility for regional, state, and national STAR Events and officer candidates

January

- 9 State Leadership Conference mailing sent to chapters

February

- 15 Missouri FCCLA Scholarship applications to state office
 23 Mentor/Protégé Meeting, Columbia

March

- 1 State Leadership Conference registration to MU Conference Office
 1 3rd affiliation deadline for eligibility to attend State Leadership Conference
 2-3 Legislative Shadowing Project, Jefferson City
 28-30 State Leadership Conference, Columbia

May

- 1 Join Hands Day
 31 Late date dues accepted for the 2003-2004 school year

July

- 11-15 National Leadership Meeting, Chicago, IL

Department of Elementary

Family and Consumer Sciences

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205 Jefferson Street
Jefferson City, MO 65101

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PO Box 480
Jefferson City, MO 65102-0480

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573-751-4261

September Employee of the Month

Debbie Pohl, Supervisor in the Family and Consumer Sciences Section, was selected as the September DESE employee of the month. Debbie was recognized for her professionalism, high standards, and production of quality work. Debbie's responsibilities include, but are not limited to the overseeing and coordinating of curriculum development, managing a professional development conference each year for approximately 450 teachers, serving as the Department's representative to the Missouri ACTE Board, working with the MoEFACS Board, and assisting with the FCCLA State Leadership Conference.



Other activities within the Department include serving as a member of the MSIP review teams, providing technical assistance to teachers, monitoring grants and serving on Division teams and projects as assigned. Anyone who has worked with Debbie knows she well deserves this honor and recognition.

Congratulations Debbie!

Contact Information (Please note the new email addresses are effective now)

Dr. Cynthia Arendt, Director

Administration of Section Activities
Planning, Organizing, and Implementing
Statewide Program Activities
Career Focused Program Approval
CDA Grants
Head Start Collaboration Grant
Team Leader, Missouri School Improvement Program (MSIP) Reviews

Telephone: 573/751-2644
E-Mail: Cynthia.Arendt@dese.mo.gov

Kimberly Wolfe, Secretary

Telephone: 573/751-2644
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Christine Hollingsworth, Supervisor and State FCCLA Advisor

FCCLA
Alumni and Associates
Comprehensive Program Approval
MSIP Reviews

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Connie Koechner, Secretary

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Debbie Pohl, Supervisor

MoEFACS and Summer In-service Conference
Curriculum Development
Comprehensive Program Approval
Assist with FCCLA Activities
MSIP Reviews

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